

YOUR PRIORITIES ARE:

LAND SURVIVAL

JSP 374

Aircrew Survival Flip Card

Protection

Location

Water

Food

In that order

Vital Actions in an Emergency

FIRST AID

- 1. RESTORE BREATHING
  - a. Clear airways
  - b. Mouth to mouth
  - c. Coma position
- 2. STOP BLEEDING
  - a. Pressure pad on wound
  - b. Ring pad around protusions
  - c. Raise the limb
- 3. PROTECT THE WOUND
  - a. Clean dry dressings
  - b. Burns - DO NOT remove burnt clothing on skin but cover lightly with clean dry dressings
- 4. IMMOBILISE FRACTURES
  - a. Arms - improvise splints or strap to body
  - b. Legs - strap together and splint if possible
- 5. TREAT FOR SHOCK
  - Rest, reassure (warm/hot sweet drinks if no suspected internal injuries)
  - See page 21 for survival in enemy territory

See reverse for Sea Survival

LAND SURVIVAL

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By command of the Defence Council

Ministry of Defence  
Air Office  
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W. J. G. J. G.

See reverse for Sea Survival

## LOCATION

- **Aircraft radio**
- **Erect PLB and check operation** (page 9)
- Place on high ground
- Aerial vertical
- Avoid shielding
- Protect battery from extreme temp
- **Pyros Checked**
- Prepared for instant use
- **Light Signals**
- Heliograph mirror
- Candle lit inside para shelter
- Burn fuel-impregnated materials
- **Improvised Signals**
- Inflate liferafts and lifejackets
- Parachutes deployed. Pegged down
- Reflective materials from aircraft
- Snow signals (30' long)

- **Signal fire** 

Break up the 'Natural look' of the terrain

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## SHELTERS - EVASION AND ARCTIC

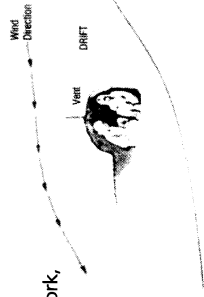
### SCRAPE SHELTER



1. Use natural hollow in ground or make shallow scrape.
2. Select slope or provide drainage.
3. Use logs or stones for windbreak.

### SNOW HOLE

1. Select steep face - 30°.
2. Dig narrow slot with room to work, then enlarge sides.
3. Smooth roof - 2ft thick.
4. Ventilate
5. Block entrance from inside.
6. Incline entrance downwards.



### Location - Signal Fire

Thatched with spruce, (for protection from dampness, also to provide smoke signals)

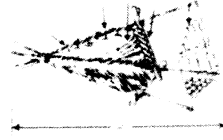
Tied with wire or nylon.

Signal fire.

Platform of green sticks.

Spare boughs.

The whole set can be covered with parachute cloth if raining.



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## PROTECTION - IMMEDIATE ACTIONS

- Account for survivors
- First aid
- Put on appropriate clothing (including headgear)
- Collect survival pack
- Seek temporary shelter (inflate liferafts; employ parachute; packing materials)
- Make fire (use A/C fuel/hydraulic oil etc)
- Relax - hot drink - plan
- **Consider permanent/static shelter**
- Aircraft (internal; external)
- Lean-to (para; timber)
- Natural (caves; rocks; trees)
- Snow (emergency bivouac; cave; trench)
- **Ensure ventilated**

**Protection** - you must shelter from:

**Wind, wet & the cold**

- These are your enemies

**Remember wind chill factor**

**Insulate from cold ground**

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## DESERT

### Protection

- Stay where you are unless certain of water source
- First aid
- Obtain shelter from sun using parachutes/liferaft aircraft/natural features
- Keep body & head covered with single layer of loose clothing
- Protect eyes from glare
- Relax - plan - rest during day

### Location

- Get PLB working. Protect battery from direct sunlight
- Pyros & heliograph ready for immediate use
- Improvise ground markers with fire/smoke ready if possible

### Water

- Ration your sweat
- Check total resources of water
- Drink to off-set the headache stage of dehydration
- Don't over-ration your water
- Consider natural sources available

### Food

- Lowest priority
- Mk 4 ration is not dehydrating and is a useful source of energy

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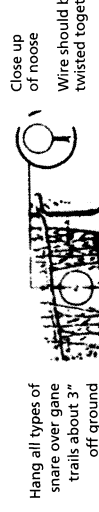
## FOOD

- Salvage rations from aircraft (eat-in flight rations first if possible)
- Check PSP/ASP contents
- Use Mk 4 rations to provide energy
- Don't eat other food unless water available or you will dehydrate body
- Consider 'natural sources' - animals, fish (use kits)
- Fruits, nuts, plants. (See page 20 for edibility test.)

All food should be cooked  
and not taken hot

### Food is not an immediate requirement for survival

#### COMMON RABBIT SNARE using wire



Rabbit snares should normally be 4 1/2" in diameter and 3" from the ground

Sticks may be inserted into ground to guide rabbit into snare



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## WATER

- Salvage sources from aircraft
- Check PSP/ASP contents
- Replenish supplies constantly

### Use Natural Sources First

(ie Rain; Streams; Lakes; Marshes; Old Sea Ice)

### Drink as much as thirst dictates - to avoid dehydration

Purify by puritabs, or boil for 3 mins,  
+1 min/1,000ft amsl

**ICE** is better to melt than **snow**

Don't eat **SNOW** or suck **ICE**

(See also **Water** section of **Sea Survival** (page 7))

You will need **at least** 2 pts/day

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## IF CAPTURED

### Avoid selection

- BIG 4
- Don't sign
- Beware tricks
- Stick with it
- You are still fighting
- They are still the enemy!

Number  
Rank  
Name  
DOB

ONLY

## SURVIVAL IN ENEMY TERRITORY

### Your priorities are:

#### Protection

#### Concealment (and travel)

#### Water

#### Food

#### Immediate Actions

- Destroy classified material
- Apply essential first aid
- Clear area - travel 5 miles
- Lie low/hole up for 48 hours
- Plan the escape

#### Travel

- Leave no sign
- Move on foot by night
- Avoid roads, railways, rivers, towns, people (shelter guide at page 15)

### Remember the Priorities

## JUNGLE

#### Protection

- Apply first aid, build a shelter off the ground if possible using parachute material - upturned inflated liferaft - natural materials - aircraft
- Keep a fire burning
- Keep covered - remove ticks or leeches
- Treat insect bites and keep clean

#### Location

- PLB aerial upright in a clearing if possible
- Fire burning fuel for smoke if available (add red smoke of day/night flare to heat column above fire)
- Break up natural look of jungle with silver foil/smoke/coloured parachute

#### Water

- Conserve supplies from aircraft or packs
- Set out rain traps with liferaft canopies and parachute material
- Purify all standing water by boiling for at least 3 mins or use purifying tablets
- Most jungle vines contain drinkable water
- Avoid milky sap. **Keep hydrated if possible**

#### Food

- Edibility test. Avoid bright colours/milky sap/acid taste/all fungi. If these don't apply, cook small portion. Place on tongue. Wait 5 mins. No ill effects. Swallow. Wait 2 hrs then increase amounts. Decrease waiting time.

**If short of water, eat only carbohydrates  
e.g Mlk 4 ration**